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# BREADS AND CEREALS

## Golden Nuggets



A GUIDE FOR  
PROGRAM AIDES  
IN HOME ECONOMICS

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# BREAD AND CEREALS

## Golden Nuggets

### A GUIDE FOR PROGRAM AIDES IN HOME ECONOMICS

#### I. PURPOSE

To help families choose and use cereals and breads to get the most food value for their money.

#### II. POINTS TO MAKE

- Enriched or whole grain cereal foods have more vitamins and minerals than those not enriched. Some of these cereal foods are rice, macaroni, noodles, flour, bread, and rolls. Be sure the family knows the value of these, whether they buy them or get them as donated foods.
- Four or more servings of these foods every day give energy for work or play. Your body makes better use of breads or cereals if you eat them with milk, cheese, meat, or fish.
- Store bread in its wrapper in a clean, dry place. Store flour and dry cereals in tightly covered containers.

#### III. WAYS TO SHOW AND TELL

- *Look* for cooking methods and food habits that you can praise. You may need to tell women they are doing a good job.
- *Give* the mother a chance to tell about the cereals and breads her family uses. Find out which they like best and how they use them. Get to know the family and their ways before you suggest changes.
- *Tell* what foods are included in the bread and cereal group. Tell how much people need daily.
- *Explain* why she should try new foods. A young mother might use donated cereals if she knew they were a good energy food for her children.
- *Show* how to use donated flour and cereals. Try mixing cereals with meats, poultry, fish, and milk in some dishes.
- *Discuss* ways she can help her family accept new cereal foods. She can use them in recipes with foods they like. Offer new ideas and recipes.
- *Ask* the mother how she could choose breads and cereals more wisely or prepare donated foods so her family likes them.
- *Offer* to take her shopping. Show and tell her how to choose low-cost breads and cereals that will give her the most for her money.

- *Show* her how she can best store breads and cereals in her home. Use makeshift storage if she does not have enough good places to keep food.

What other ways could you use to show and tell families about cereals?

When you get used to showing and telling, you can help three or four women in a group. Talk over your plan with your agent.

#### IV. THINGS FOR THE FAMILY TO DO

Suggest that a family:

*Try* to choose breads and cereals wisely.

*Plan* to use donated cereals first (if they get them).

*Decide* which breads or cereals they would like to try.

Learn ways to use them.

*Choose* cheaper breads and cereals with high food value in place of those that cost more.

*Cut down* on amount of rich, sweet cakes and pies.

Use the money for other foods.

*What other things* might a family try with breads and cereals?

#### V. THINGS TO NOTE—A LOOK AHEAD

- Does the family still use the same kinds of cereals, cakes, and breads? What changes have they made?
- Does the mother seem pleased with things she tries? If she doesn't try them, why not?
- What sorts of questions does she ask you?
- Are other family members interested? Are neighbors interested?
- Talk over with your agent the women's reactions, and what you saw, heard, and did.
- If the housewife shows progress, ask her to invite some friends to meet with you. Serve foods made with cereals. Have the women talk about cooking and buying cereals and breads. Offer to help them shop, or show how to make a new dish.
- Write information on use of bread and cereals on each family's Food-Use Sheets.

#### VI. MATERIALS FOR FAMILIES

Ask your trainer agent for leaflets to give to families.